

# COWBOY MAN

**Count:** 32    **Wall:** 2    **Level:** beginner polka

**Choreographer:** Mona Arvidson

**Music:** Cowboy Man by Lyle Lovett

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## HEEL 2X RIGHT, COASTER STEP, HEEL 2X LEFT, COASTER STEP

- 1-2            Right heel forward twice
- 3&4           Right back, left together, right forward
- 5-6           Left heel forward twice
- 7&8           Left back, right together, left side

## SAILOR SHUFFLE, SAILOR SHUFFLE ¼ TURN LEFT, GALLOPS RIGHT

- 9&10           Right cross behind left, left side, right side
- 11&12          Left cross behind right, ¼ turn left, step side on right (face 9:00), left side
- 13&14          Right side, left together, right side
- &15           Left together, right side
- &16           Left together, right side

## JAZZ BOX ¼ TURN, FORWARD BASIC 2X

- 17-20          Cross left over right, right back, ¼ turn left, step left (face 6:00), right forward
- 21&22          Left forward, right together, left forward
- 23&24          Right forward, left together, right forward

## CROSS STEP HEEL 2X, SKIPS BACKWARD

- 25&26          Cross left over right, right back at slight angle, left heel
- &27           Step left, cross right over left
- &28           Left back at slight angle, right heel
- 29&30          Right back, hop back on right, left back
- &31           Hop back on left, right back
- &32           Hop back on right, left back

**REPEAT**